

# Pork Chops with Lemon Spinach

Yield: 4 servings

3 tbsps flour  
1 tbsp brown sugar  
 $\frac{1}{2}$  tsp salt  
 $\frac{1}{4}$  tsp ground nutmeg  
 $\frac{1}{8}$  tsp ground red pepper  
4 (4 oz) boneless center-cut  
loin  
pork chops (about  $\frac{1}{2}$ "  
thick)  
1 tsp olive oil  
 $\frac{1}{2}$  cup dry white wine  
2 tsp lemon juice  
1 tbsp minced garlic  
10 oz fresh spinach

1. Combine first 5 ingredients in a shallow dish. Dredge pork in flour mixture.

2. Heat the oil in a large skillet over medium heat. Add pork, and cook 3 minutes on each side or until done. Remove from pan. Stir in wine and lemon juice, scraping pan to loosen browned bits; cook 1 minute. Add garlic, and cook 1 minute. Add spinach, tossing 1 minute or until the spinach wilts. Serve with pork.

